



# Wolf Pine Farm

Community Supported Agriculture  
259 Mouse Lane, Alfred, Maine 04002

**WEEK OF OCTOBER 19-25, 2003**

## **Wolf Pine Farm Winter and Early Registration Form**

### **Sign me up for a 2003 Winter Share**

*There are a limited number of shares available. We will fill shares on a first come first served basis. Please send full payments only. Pickups are on November 22<sup>nd</sup>, 2003 from 10 am to 2 pm and December 20<sup>th</sup>, 2003 from 10 am to 2 pm. More details will be sent a couple weeks prior to the pickups.*

#### **I am enclosing:**

**\$100 Full Payment**

### **Please reserve a share for me for the 2004 Season**

*We will hold all 2004 shares for returning members until December 1<sup>st</sup>, 2003. After this date we will open registration to the general public and fill the shares on a first come first served basis. We will be offering some sliding-scale memberships. Please inquire.*

#### **I am enclosing:**

**\$450 Full Payment**

**\$100 Deposit – Full Payment due by April 1<sup>st</sup>, 2003**

### **Please fill in your name, address, phone, and email address:**

*If you are splitting a share with someone please include splitter info.*

**Total Amount Enclosed:** \_\_\_\_\_

Make checks payable to **Wolf Pine Farm** and mail to:  
Wolf Pine Farm, 259 Mouse Lane, Alfred, ME 04002

## **Notes from the Farm**

**Last pickup** – Today is the last CSA pickup for this season. Thank you so much for your support! We're looking forward to seeing you next season... or November 22<sup>nd</sup> if you signed up for a Winter Share.

**Winter Shares** – We'll be sending out Winter Share confirmations and details by email or print in the next couple of weeks. If you do not hear from us and think that you are on the list, please drop us a line.

**Surveys** – Please remember to fill out an end of the season member survey. This will help us plan for next season. You can mail in the print version or find it online by going to our homepage ([www.wolfpinefarm.com](http://www.wolfpinefarm.com)) and clicking on the link.

**2004 CSA Registration** – It's never too early to start thinking about next season. Check out the registration form to the left. Let us know if you have a friend who would like to receive our 2004 brochure.

**Have a great winter!**

**New this Week -- Shallots** – This was something that we planted as an experiment this year. Let us know if you like them. You can use them raw in sauces, or cook them in place of onions or garlic. A few ideas for using shallots are:

Chop them very fine and add to melted butter for a topping for broccoli or pasta.

Saute with mushrooms

Make a salad dressing with an oil and vinegar base (2 parts oil to 1 part vinegar). Skin and chop up 2 shallots into tiny pieces. Add to oil and vinegar with your choice of dried or fresh herbs, salt, and pepper.

### ***Sage Brown Butter Sauce***

*Great with pasta. The sage gets nicely crispy. I couldn't resist picking out the sage leaves and eating them straight. I used it as a sauce for a home made butternut ravioli. That was an all day project, but if you want the recipe let me know. It is a great activity for a cloudy fall day.*

In a large frying pan, melt 8 tablespoons of butter (I used salted butter and liked the flavor). Add approximately 12 sage leaves (more if you're a sage fan) to the butter and continue to cook until the butter starts to brown. Remove from the heat and serve with warm pasta.

### ***Squash and Corn Chowder***

1 ½ pounds of butternut or other winter squash

2 Tablespoons of oil

1 cup of chopped onion

1 celery stalk, finely diced (*optional – add more onions, fennel bulb, or just leave out if you don't have it*)

1 large sweet potato, peeled and diced (*Sometimes I just add more winter squash, but sweet potato is nice too*)

Vegetable Stock (*Enough to cover the veggies. You can add water if you don't have enough stock*)

2 bay leaves

2 teaspoons of any herbs and spices that you like

½ teaspoon of dried thyme

2 ½ to 3 cups cooked fresh corn kernel (from about 3 medium ears). (*This is a great time to pull corn out of the freezer if you were able to stash any away this summer.*)

1 cup of milk or soymilk

Salt and freshly ground pepper to taste

Peel squash and dice into ½ inch pieces or smaller. Heat the oil in a soup pot. Add the onion and celery and sauté over medium heat until the onion is golden. Add the squash and sweet potato and enough stock or water to cover all but about an inch of the vegetables. Bring to a simmer, then add the bay leaves and other seasonings. Simmer gently, covered, until the squash and potatoes are tender, about 25-30 minutes.

With a slotted spoon, scoop out 2 heaping cups of the solid ingredients, mash them well, and stir back into the soup. Add the cooked corn kernels and enough milk or soy milk to achieve a slightly thick consistency. Season to taste with salt and pepper. Simmer over low heat for another 10-15 minutes.

Adapted from [Vegetarian Soups for All Seasons](#) by Nava Atlas